

Fiscal Year 2010
Child and Adult Care Food Program
Child Care Wellness Grants

CFDA # 10.579



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2012 Cook's Trainings

Offered by the Child and Adult Care Food Program,
Montana Department of Public Health and Human Services.

Special thanks to the following sixteen (16) organizations for
providing the food laboratories and teaching facilities for these trainings:

Fort Peck Head Start in Poplar, Dawson County High School in Glendive,
Billings Food Bank, Crow Agency Head Start,
Boys & Girls Club of the Northern Cheyenne in Lame Deer,
Blackfeet Early Childhood Center, Helena High School,
Butte High School, Bozeman High School,
Fort Belknap Head Start, Rocky Boy Head Start,
Paris Gibson Education Center in Great Falls, Central Montana Head Start in Lewistown,
Missoula Big Sky High School, Glacier High School in Kalispell,
and the Mission Mountain Food Enterprise Center in Ronan.

Food service directors, head cooks and assistant cooks employed
in child care centers in the USDA Child and Adult Care Food Program
are invited to attend.

Instructors are:

Katie Appel-Goble, Bill Nelson, Lynne Anderson, Liv Steinbarth and Mary Musil.

The subject of these trainings is *Protein Cookery*. The foods to be prepared are in
the Meat and Meat Alternate Food Group. The recipes follow the US Dietary Guidelines.

Training dates and itineraries are available at
www.bestbeginnings.mt.gov>ChildandAdultCareFoodProgram

Protein Cookery

The Meat/Meat Alternate Food Group

Beef

Beef Sirloin Roast (Recipe 1)

Pork

Pork Loin Roast (Recipe 2)

Chicken

Lemon Baked Chicken (Recipe 3)

Crunchy Garlic Chicken (Recipe 4)

Fish

Herbed Baked Fish (Recipe 5)

Broiled Salmon with Tomatoes & Basil (Recipe 6)

Eggs

Poached Eggs (Recipe 7)

Quick Quiche (Recipe 8)

Cheese

Easy Cheese Sauce (Recipe 9)

Beans & Peas

Garlic Hummus (Recipe 10)

Ranch Beans (Recipe 11)

Beef Sirloin Roast (1)

Ingredients:

Beef sirloin roast (3 ½ lbs)

1 T. Dijon mustard

1 garlic clove, minced

¾ tsp. ground pepper

½ tsp. salt

½ tsp. onion, minced

½ cup water

Directions:

1. In a small bowl, combine the mustard, garlic, pepper, salt, and onion; brush over meat.
2. Place in a shallow roasting pan. Bake, uncovered, at 425 degrees for 45 minutes or until meat reaches medium doneness (160 degrees).
3. Remove tenderloin from pan; let stand for 10-15 minutes before slicing. Meanwhile, add water to pan drippings, stirring to loosen browned bits; heat through. Serve with sliced beef.

Yield: 32 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs.

Resource: Taste of Home

www.tasteofhome.com

Pork Loin Roast (2)

Ingredients:

- 1 T. olive oil
- 1 boneless pork loin (5 lbs)
- 1 lemon, thinly sliced
- 3 large garlic cloves
- 1 ½ tsp. dried oregano
- ½ tsp. pepper
- ½ tsp. salt

Directions:

1. Preheat oven to 350 degrees.
2. Combine last four ingredients for seasoning mixture. Press evenly onto pork loins, place in a roasting pan. Place lemon slices around pork.
3. Roast pork loins, uncovered, for 1 ¾ to 2 hours, or until pork reaches 155 degrees. Remove pork to carving board. Let rest 5-10 minutes.
4. Cut into serving portions.

Yield: 50 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs.

Resource: In the Kitchen the Costco Way

Lemon Baked Chicken (3)

Ingredients:

3 lb boneless skinless chicken breasts

$\frac{3}{4}$ cup olive oil

Juice from 3 lemons

Lemon pepper seasoning

Additional lemons, sliced

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine lemon juice and olive oil.
3. Season both sides of chicken with lemon pepper.
4. Place chicken breasts in greased baking dishes. Pour lemon mixture over the chicken.
5. Top each piece of chicken with a lemon slice.
6. Bake for approximately 30 minutes, until chicken reaches an internal temperature of 165 degrees.

Yield: 24 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs

Resource: www.allrecipes.com

Crunchy Garlic Chicken (4)

Ingredients:

12 boneless, skinless chicken breasts (about 3 lbs)

1/4 cup olive oil

¼ cup milk

2 T. chopped onions

1 tsp. salt

1 tsp. garlic powder

4 cups whole grain cereal, crushed

3 T. dried parsley

1 tsp. paprika

Directions:

1. Heat oven to 425 degrees. Grease 13 x 9 inch pan.
2. In a shallow dish, mix 2 T. of olive oil with milk, chives, salt, and garlic powder.
3. In another shallow dish, mix crushed cereal, parsley, and paprika. Dip chicken into milk mixture, then coat lightly and evenly with cereal mixture. Place in pan. Drizzle with remaining 2 T. of olive oil.
4. Bake, uncovered, 20-25 minutes or until juice of chicken is clear when center of thickest part is cut (170 degrees).

Yield: 24 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs

Resource: Betty Crocker

<http://bettycrocker.com>

Herb Baked Fish (5)

Ingredients:

1 lb. fresh fish (any white fish such as tilapia or cod)

¼ cup olive oil

¼ cup lemon juice

1 T dried parsley

1 T dried oregano

Salt

Pepper

1 cloves garlic, pressed

Directions:

1. Line baking dishes with aluminum foil. Place fish in baking dishes.
2. Brush with olive oil. Sprinkle with lemon juice, herbs and garlic.
3. Bake at 450 degrees, uncovered, for 15 minutes, or until the fish easily flakes with a fork.
4. *Yield: 8 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs*

Resource: www.cooks.com

Broiled Salmon with Tomatoes & Basil (6)

Ingredients:

2 salmon filets (about 1 lb)

4 tomatoes, diced (fresh or canned)

1/4 cup olive oil

¼ c. soy sauce

¼ cup lemon juice

¼ cup dried basil

1 whole onion, thinly sliced

Directions:

1. Combine the first 6 ingredients, cover, and let stand for 30-40 minutes.
2. Preheat the broiler. Brush all sides of the salmon with olive oil.
3. Overlap onion slices on each filet. Broil about 8 inches from the heat until the onions have wilted and caramelized (12-15 min). Check fish for flakiness. If the fish flakes, it is done.
4. Remove fish from the oven to serving plates. Stir the tomato salsa and spoon generously over the salmon.

Yield: 10 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs

Resource: Joy of Cooking

Rombauer, M. Becker, E. Becker

Poached Eggs (7)

Ingredients:

2 dozen large eggs

Vinegar (1 tsp per 1 cup of water)

Large saucepan of water, shallow filled

Directions:

1. Bring saucepan of water to 165 degrees (just below boiling) and add vinegar (1 tsp per cup of water).
2. Slide 2-4 eggs into the water
3. Cook the eggs until the white is set, approximately 3-4 minutes.
4. Lift the eggs from the water with a slotted spoon or spatula.
5. Serve at once.

Yield (At 1 egg per serving): 24 meat/meat alternate, CACFP 3-5 yrs

Resource: "The Introduction to Culinary Arts" Textbook by The Culinary Institute of America.

Quick Quiche (8)

Ingredients:

4 large eggs

1 cup milk

2 T. flour

1/3 cup minced onion

Dash of salt

Dash of garlic powder

4 oz shredded Swiss or sharp cheddar cheese

2 cups fresh spinach

Crust:

1 cup flour

½ tsp. salt

¼ cup olive oil

¼ cup ice water

Directions:

1. To make crust, mix flour and salt with fork. Beat oil and water with a fork to thicken; pour into flour mixture and mix with a fork. Press into 9-inch pie plate.
2. Preheat oven to 375 degrees.
3. Hand whip eggs, whole milk, and flour in a medium mixing bowl. Add remaining ingredients.
4. Pour into crust. Bake for 45 min to 1 hour or until the top is golden brown.

Yield: 5 servings meat/meat alternate, CACFP 3-5 yrs

Resource: The Food Network

<http://www.foodnetwork.com>

Easy Cheese Sauce (9)

Ingredients:

4 T. butter

4 T. flour

2 cups milk

1/8 tsp. nutmeg

1/8 tsp. salt

1/8 tsp. pepper

2 cup shredded cheese (about 8 oz)

Directions:

Melt the butter in a saucepan over low to medium heat. Using a wooden spoon, stir in the flour and mix well. Continue stirring over low heat for two minutes.

Using a whisk, and continually whisking, add the milk in small quantities (about 2 T. at a time). Make sure that you fully incorporate the liquid before adding more – this way you will get a smooth sauce.

After you've added about half the milk, pour in the rest and give the mixture a good whisking. Continue to heat the sauce on low to medium heat, whisking often. Cook just to below boiling until the mixture thickens.

Add the cheese about 2 tablespoons at a time, thoroughly incorporating each addition.

Remove from heat and whisk in nutmeg, salt, and pepper.

Yield: 3 cups sauce = 5 (1.5 oz) servings meat/meat alternate, CACFP 3-5 yrs

Resource: Easy French Food

<http://easy-french-food.com>

Lemon Garlic Hummus (10)

Ingredients:

4 Tbsp. olive oil

2 (16 oz) cans black beans (or other beans), rinsed and drained

4 T. lemon juice

4 tsp. fresh garlic

1 tsp. salt

Directions:

1. Combine all ingredients in a blender. Cover and process until smooth. (Or mash ingredients with a mashing fork)

Yield: 20 (3/8 cup) servings meat/meat alternate, CACFP 3-5 yrs

Resource: Taste of Home

www.tasteofhome.com

Ranch Beans (11)

Ingredients:

- 2 (16 oz) cans pinto beans
- 1 quart water
- 2 (6 oz) cans tomato paste
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 T. chili powder
- 4 tsp. crushed red pepper flakes
- 2 tsp. salt
- 2 tsp. ground cumin
- 1 tsp. marjoram

Directions:

1. Drain and rinse beans. Combine beans and water in Dutch oven or soup kettle. Bring to a boil.
2. Add remaining ingredients; bring to a boil. Reduce heat, cover and simmer 1 ½ hours.

Yield: 20 (3/8 cup) servings meat/meat alternate, CACFP 3-5 yrs

Resource: Taste of Home

www.tasteofhome.com